

Simple StressBusting Solutions!

1. Breathe:

Breathe deeply and deliberately three to five times, making the intake and exhalation last for 5 seconds. (In for a count of 5, hold for 5, then exhale for 5). This will immediately calm you down.

Also, if you keep a balloon handy, you may simply blow it up and let it fly. The blowing will relax you like long breathing will.

2. Go For Slow Motion

Slow everything down: walking, talking, reaching, moving. Take everything down to a deliberately noticeable speed. When you rush, you lose your center and may stress out more. Gradually pick up speed as you feel you're back on track.

3. Get Outside

Whether it's just to walk around outside your office or outside, the change of scenery will help remove you from the pressure points and you can re-frame when you return with new eyes and oxygenated ideas.

4. Drink Plenty of H2O

Dehydration will slow down all your vital stress-busting immunities. Eight (8 oz) glasses per day should help vitalize your defenses.

5. Choose Interest Over Position

When posed with a potential stressor, choose to ask, "Isn't this interesting?" rather than "Isn't this terrible!" We can choose our mindset and our body follows suit.

6. Keep an Alert Stress-Fighting Posture

This will also help you to listen more intently. It's hard to feel down-in-the-dumps when your head is up, your shoulders stretched back and your posture is in a "winner & ready-for-anything" mode.

7. Do one thing you love each day

Make a list of the things you've always wanted to do but kept yourself from doing: read part of a book or article, take a hot bubble bath, write a card or letter to a friend, go out for an ice cream sundae, or exercise for half an hour.

8. Do the one thing you've been putting off

Write down the one thing you know you've been procrastinating. Break it down into steps. Do only step one within a week. Schedule each step for different reachable deadlines. You'll feel so wonderful for keeping your promise to yourself. Keep the finished result in your mind (or post a picture) to motivate you to stick to your mini-deadlines.

9. Make a gratitude list

List all the things you're thankful for. Read it every morning and every evening to remind you of all the good that's in your life. Instead of griping about cleaning your house, why not be thankful you have a house to clean!

10. Call someone and tell them how much you appreciate them

This will take the focus off you and put it on your friend. No whining allowed on this call. If you feel the urge to complain, get off the call tactfully and quickly. Focusing on others always helps us to quell our own stress.

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